

I've Just Eaten a Meal and I'm Still Hungry! What Should I Do?

- Make yourself a salad with lots of mushrooms, leafy greens, carrots, and other non-starchy vegetables. Replace a high calorie dressing with fresh lemon or lime, balsamic vinegar, or a low-calorie salsa or pico-de-gallo.



- Use a distraction technique to keep your mind off your hunger and deal with some of the emotional or mental connections you may have with food and hunger.
 - Go for a brisk walk or short run.
 - Listen to music or a book on tape or CD.
 - Check your email.
 - Read a book or magazine.
 - Call a friend.
 - Take a bath or brush your teeth.
 - Watch television.
 - Do yoga or meditate.